



## Profiles in Wellness



### **Ovarie Smith** **California**

Mrs. Ovarie Smith is a humble woman that left Texas in 1941 and moved to California with her six children. She opened her own catering service. One day while resting at home she began watching a television documentary on Developmentally Disabled persons and children. Disturbed by their treatment, she decided to become an advocate for all the underserved in Los Angeles and abroad.

Mrs. Smith's demanding schedule throughout the years led to her having a heart attack in the 80's and a stroke in 2003. She completely changed her eating habits. Instead of consuming fatty, fried foods, she acquired a taste for baked, broiled and grilled meat and vegetables. She enjoys eating hearty servings of fresh vegetables and fruits with her meals.

She also incorporated a one-mile Walking Program at 5 AM, Monday-Saturday to lose weight (25 pounds) and improve her overall wellness. Her aforementioned lifestyle changes continue to give her strength and perseverance to fight for the rights of the persons most in need of preserving their dignity, entitlement, and equality.

She is a true humanitarian and an inspiration to the world's health conscious community at the tender age of 100.